

Proactive Music Activities Focused on Exploring Musical Emotion to Enhance Self-Awareness and Intrinsic Motivation in Patients With Schizophrenia

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The purpose of this study was to explore the impact of music therapy on enhancing self-awareness and intrinsic motivation among patients with schizophrenia, particularly those experiencing motivational deficits. This study, primarily based on quantitative analyses supplemented by qualitative insights, included six adults (three males and three females) across 8 weekly sessions proactive music activities based on the exploration of musical emotion, each lasting 60 minutes, from October 5 to November 16, 2023. Data collection and analysis focused on the last five sessions, from the fourth to the eighth. Although no statistically significant changes were detected, likely due to the study's short duration, qualitative data from in-depth interviews indicate that music therapy contributed to enhanced motivation and improved self-perception in participants. They demonstrated better emotional articulation, self-awareness, and communication skills, which not only increased their intrinsic motivation but also led to an improved perception of their life quality. Individual variability was noted, however, indicating that these outcomes could differ among participants. These results highlight music therapy's potential as a valuable intervention for enhancing self-awareness and reigniting motivation in individuals with schizophrenia, suggesting a further research to corroborate these findings over longer periods.

Keywords: self-awareness, intrinsic motivation, schizophrenia, mental health intervention

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I . Introduction

Schizophrenia is a complex mental health disorder that significantly affects individuals' quality of life and community engagement. Beyond the well-known positive symptoms like delusions and hallucinations, and negative symptoms such as avolition and anhedonia, it also leads to severe motivational deficits (Strauss et al., 2019). These deficits are key obstacles to recovery, even in the early stages of the disorder (Fervaha, Foussias, Agid, & Remington, 2015; Tobe et al., 2016). According to Fervaha et al. (2015), motivational impairments were observed in more than 75% of patients with early schizophrenia, highlighting the importance of addressing these deficits to improve functional outcomes. This underscores the necessity for innovative therapeutic interventions beyond traditional symptom management strategies. Tobe et al. (2016) further elucidated the characteristics and impacts of motivational deficits on schizophrenia, emphasizing the diminished intrinsic motivation among patients compared to healthy controls. Their research emphasized that a decrease in intrinsic motivation is strongly associated with less favorable clinical outcomes and diminished social functioning, indicating that when patients exhibit a reduction in their natural drive or willingness to engage in treatment, it often leads to outcomes that are not as positive as expected. This includes slower or limited improvements in symptoms, a lack of significant progress in the patient's functional recovery, and an overall negative impact on the quality of life. Essentially, this research implies that lower levels of intrinsic motivation can limit the effectiveness of treatment, hinder symptom alleviation, and restrict the improvement in daily functioning and social interaction, highlighted also by other research (Catalano & Green, 2023; Hu et al., 2022). Their findings indicate such limitations can lead to a less than optimal recovery process. Therefore, advocating for the development of treatments aimed at enhancing intrinsic motivation emerges as crucial for achieving functional recovery in patients with schizophrenia, underscoring the need for holistic approaches that address both the psychological and social dimensions of recovery.

Considering these insights, recent research has highlighted the need for a shift from traditional symptom management strategies. However, a significant limitation of previous studies is their focus on short-term, symptom-specific outcomes without adequately addressing the broader psychosocial factors contributing to schizophrenia. Many studies lack a comprehensive approach that integrates the emotional, cognitive, and social dimensions of the disorder. This oversight underscores the critical need for innovative therapeutic modalities like music therapy, which not only targets schizophrenia's manifest symptoms but also addresses the underlying emotional and

cognitive challenges integral to the condition. Music therapy, through its active (e.g., improvisation, songwriting) and receptive (e.g., music listening) techniques, engages patients in activities that directly stimulate cognitive processes and emotional responses. This engagement is essential for enhancing self-awareness by encouraging patients to reflect on their thoughts and emotions, and for boosting intrinsic motivation by fostering a sense of personal achievement and engagement. By integrating these techniques, music therapy offers a holistic approach that potentially facilitates more comprehensive and sustained improvements in both psychological and social functioning. Among these, the role of adjunct music therapy has been explored. Meta-analyses (Jia et al., 2020) indicate significant improvements in total symptoms of schizophrenia, negative symptoms, depression symptoms, and quality of life. Despite these promising outcomes, the researchers caution that the current evidence base remains limited and advocate for further research with well-designed studies to conclusively determine the efficacy of music therapy as a complement to existing treatments.

In addition, studies have shown that specific music therapy techniques, particularly active such as songwriting and improvisation and receptive like music listening, not only address the symptomatic manifestations of schizophrenia but also target the underlying emotional and cognitive dimensions contributing to motivational challenges. These techniques are tailored based on participants' characteristics, such as their motivational levels and cognitive abilities, to maximize therapeutic outcomes (Geretsegger et al., 2017; Gold, Heldal, Dahle, & Wigram, 2005). Geretsegger et al. (2017) demonstrated that active music-making, which involves patient participation in creating music, directly influences their sense of agency and self-efficacy, leading to increased intrinsic motivation. Similarly, Gold et al. (2005) found that receptive music therapy, where patients engage in listening to music tailored to their emotional and cognitive needs, fosters enhanced self-awareness by allowing individuals to reflect on their inner emotional states and cognitive patterns.

Recent findings from the domain of music therapy and self-awareness offer insightful perspectives relevant to the treatment of schizophrenia. In a study by Damore (2022), songwriting was explored as a method to foster self-awareness among graduate music therapy students, revealing significant implications for therapeutic practices. The research demonstrated that engaging in songwriting and reflective practices not only facilitated a deeper connection with oneself but also enhanced emotional insight and understanding of personal and clinical experiences. This process of creative expression and introspection was revealed to lead to increased self-awareness, underscoring the potential of songwriting as a transformative tool in the

management of mental health disorders, including schizophrenia. In addition to the demonstrated benefits of songwriting in fostering self-awareness, Stewart, Garrido, Hense and McFerran (2019) highlighted the ways in which music listening practices can influence mood regulation and self-reflection among young individuals experiencing depressive symptoms. Specifically, Stewart et al. (2019) explored the concept of music-evoked autobiographical memories and how these can serve as a catalyst for enhanced self-awareness and emotional processing. These findings elucidate how different music therapy activities, tailored to the unique psychological profiles of patients with schizophrenia, can have an impact on improving intrinsic motivation and self-awareness.

Furthermore, the impact of music therapy on enhancing the quality of life among individuals diagnosed with schizophrenia has received increasing attention. Research indicates that music therapy not only facilitates emotional expression and social interaction but also significantly contributes to cognitive engagement within a therapeutic context, thereby promoting overall well-being (Lam, Chang, & Grimmer, 2023; Silverman, 2022). Such interventions encourage patients to explore and express their feelings through musical engagement, fostering a sense of accomplishment and belonging, which are crucial for achieving an enriched sense of life satisfaction and improving daily experiences (Geretsegger et al., 2017; Mössler et al., 2019). This underscores the therapeutic process of music therapy as not only a means of alleviating negative symptoms but also as a substantial contributor to enhancing the quality of life, making it an essential component of comprehensive psychiatric care for schizophrenia.

Based on the findings from these previous research, this study is designed to further explore the impact of music therapy on individuals with schizophrenia, particularly focusing on how it can enhance self-awareness and intrinsic motivational levels. By exploring the multifaceted impact of music therapy, this study seeks to contribute to the existing body of knowledge, advocating for the integration of music therapy as a vital component of holistic schizophrenia treatment approaches. The following are the research questions for this study:

1. How does music therapy affect self-awareness in patients with schizophrenia?
2. To what extent does music therapy contribute to enhancing intrinsic motivation in patients with schizophrenia?
3. What are the observable changes in the perception of life quality in patients with schizophrenia following engagement in music therapy?

II. Methodology

1. Participants

This study was conducted among patients with schizophrenia who were outpatient clients receiving treatment at a mental health promotion center located in S city in South Korea. The research received ethical approval from the Institutional Review Board (IRB) of D University, under the approval number 2022-12-017-005. Participants were recruited through the mental health promotion center, where the study was introduced to potential participants by their treating psychiatrists. The assessment of motivational deficits was based on the information received from experienced clinical psychologists working at the center. Initially, nine adults diagnosed with schizophrenia participated in the study. However, after confirming the presence of motivational deficits by the researcher, only six participants (three males and three females, aged between 34 and 62) who completed all the surveys administered throughout the research period were included in the final analysis.

These participants were specifically chosen based on their complete engagement with the study's protocols. Inclusion criteria required a diagnosis of schizophrenia and the presence of motivational deficits. Informed consent was obtained from all participants and <Table 1> outlines the demographic and clinical profile of the participants.

<Table 1> Participant Characteristics

Subject	Gender	Age	Medication use	Duration of illness	Onset of illness	Marital status
A	M	35	Yes	15	After entering university	No
B	F	53	Yes	33	In the third of university	Yes
C	F	34	Yes	19	During middle school	No
D	M	54	Yes	32	During military service	No
E	M	43	Yes	15	Unknown	No
F	F	62	Yes	10	Unknown	Yes

2. Music Therapy Program

The music therapy program, structured upon Geretsegger et al. (2017) and Gold et al. (2005)'s evidence-based practices, was conducted weekly in 60-minute sessions. Each session was carefully designed around a central theme and goal, directly aligned with enhancing self-awareness, intrinsic motivation, and quality of life among participants. For instance, the session with the theme of "Emotional expression" in week 3 drew on the studies by Geretsegger et al. (2017) and Jia et al. (2020), demonstrating how expressive activities like lyric analysis and instrumental improvisation can deepen emotional awareness and expression, crucial for addressing motivational deficits in schizophrenia. This approach ensured that each activity was purposefully chosen for its potential therapeutic impact, thereby strengthening the program's internal validity. The detailed content of the eight-session music therapy program is presented in <Table 2>.

<Table 2> Music Therapy Program

Session	Theme	Goal	Activity	Rationale
1	Building relationships	Build rapport among participants	Singing, music listening, and rhythm exercises	Rapport-building through music (Lam et al., 2023; Thaut & Gardiner, 2016)
2	Rhythmic exploration	Develop a sense of group cohesion and individual rhythmic expression	Interactive rhythmic activities, focusing on mirroring and call-and-response exercises	Group cohesion via rhythm (Geretsegger et al., 2017; Gold et al., 2005)
3	Emotional expression	Enhance emotional awareness and expression	Lyric analysis, expressing emotions through instrumental improvisation	Emotional expression through music (Geretsegger et al., 2017; Jia et al., 2020)
4	Self-expression	Foster creativity and self-expression	Writing personal songs individually and sharing them in a group	Creativity and self-expression (Geretsegger et al., 2017; Magee & Stewart, 2015)
5	Self-awareness	Explore self-identity through music	Creating a personal simple music that reflects how they see themselves, and sharing their creations	Enhancing self-awareness (Gold et al., 2005; Magee & Stewart, 2015)
6	Exploring emotions	Use art for emotional expression and self-exploration	Creating and sharing their own artworks, discussing the emotions and stories behind their creation	Emotional exploration (Jia et al., 2020; Lam et al., 2023)
7	Reflective listening	Promote self-reflection	Listening to and discussing pieces that evoke strong emotional responses	Reflective listening benefits (Fervaha et al., 2015; Geretsegger et al., 2017)
8	Celebration of growth	Reflect and celebrate personal growth	Feedback session for group performance and individual performance	Celebrating achievement (Fervaha et al., 2015; Geretsegger et al., 2017)

As shown in <Table 2>, this program combines relationship-building, emotional expression, and creative self-expression. This approach not only aids in deepening participants' understanding and expression of their emotions and thoughts but also strives to strengthen intrinsic motivation. This approach is expected to lead to addressing the research questions about the influence of music therapy on self-awareness, intrinsic motivation, and the overall quality of life in patients with schizophrenia.

3. Instruments

1) Evaluation of intrinsic motivation

Intrinsic motivation refers to the drive to engage in an activity for the satisfaction derived from the activity itself, rather than for the sake of obtaining extrinsic rewards (Ryan & Deci, 2000). It has been observed that patients with schizophrenia exhibit diminished levels of intrinsic motivation, which is a critical factor contributing to the deterioration of socio-psychological functioning and poor treatment outcomes (Tobe et al., 2016). This study focuses on the interest/enjoyment subscale of the Intrinsic Motivation Inventory (IMI) to assess intrinsic motivation levels among schizophrenia patients. The IMI, initially developed by Ryan (1982) and further utilized by Ryan and Deci (2000), measures different aspects of motivation. The interest/enjoyment subscale specifically gauges the pleasure and engagement patients experience in activities, assessed through self-report by participants. This subscale consists of five items rated on a scale from 'strongly disagree' (0) to 'strongly agree' (4), with participants completing the assessment themselves. This subscale demonstrated high reliability with a Cronbach's α of 0.910.

2) Evaluation of self-awareness

Self-awareness is defined as the individual's ability to focus attention on their own thoughts and feelings, representing a state of cognitive and emotional alertness to oneself (Green, Horan, & Lee, 2019). To evaluate the degree of self-awareness among patients with schizophrenia, this study employed the Self-Awareness Scale (SAS), validated by Lee and Park (2017). The SAS assesses three dimensions of self-awareness: internal self-awareness, interpersonal self-awareness, and environmental self-awareness, utilizing a total of nine items. Each item was rated on a scale from 0 to 4, with higher scores indicating greater self-awareness. The reliability of this scale, as measured by Cronbach's α was found to be 0.868.

3) Evaluation of perceived life quality

In order to measure participants' perceived quality of life, this study employed a single-item Visual Analogue Scale (VAS). Participants were asked to rate their current perception of life quality on a scale from 0 (indicating the lowest quality of life) to 100 (indicating the highest quality of life). This method provided a direct and subjective measure of how participants evaluate their overall well-being and life satisfaction at the time of the study.

4. Data Collection and Analysis

Standardized questionnaires were administered at the beginning and end of the study period to evaluate changes in intrinsic motivation and self-awareness. This quantitative approach aimed to provide a structured comparison of baseline and endpoint conditions to assess individual progress throughout the sessions. Additionally, to quantitatively assess changes in the perception of the quality of their life, a VAS ranging from 0 to 100 was employed. Following the completion of the music therapy sessions, semi-structured interviews were conducted by the researcher. Planned for around 40 minutes, the interviews were flexibly conducted to accommodate participants' schedules, focusing on their experiences with the music therapy sessions, including any changes in motivation, self-awareness, and quality of life. Questions included inquiries such as *"Can you describe any changes you have noticed in your feelings or thoughts since starting music therapy?"* and *"How has participating in music therapy sessions affected your daily activities and interactions with others?"* Interviews were conducted one-on-one to ensure privacy and comfort, which is crucial when dealing with sensitive topics and populations with schizophrenia. The duration varied depending on the depth of each participant's responses to thoroughly capture their insights. The interviews were conducted in Korean and audio-recorded with consent from participants, and then translated into English by the researcher, who holds a doctorate in English education and possesses expert-level proficiency in both Korean and English. To validate the translation's accuracy and reliability, a bilingual expert independent of the study was consulted to review a subset of the translations against the original Korean transcripts. This verification process aimed to ensure that the translated data faithfully represented the participants' original statements, maintaining the integrity of their experiences and perspectives. The expert provided feedback on the translation, which was then used to refine and finalize the English versions of the interview transcripts.

For the quantitative data, the Wilcoxon signed-rank test was employed to compare pre- and post-session scores for motivation and self-awareness, thereby statistically evaluating the changes effected through the music therapy sessions, given the small sample size. For the perception of life quality, changes were tracked using the VAS scores and analyzed by the Friedman test to observe how progress was made throughout the sessions. Qualitative data from interviews were subjected to thematic analysis (Braun & Clarke, 2006) to identify recurring themes related to the impact of music therapy. This involved coding the data, generating themes, and identifying relationships between them. This process was conducted by the researcher and the analysis aimed to identify patterns and themes within the participants' narratives that related to the impact of music therapy on their self-awareness, motivation, and perceived quality of life. These qualitative data served as a supplementary source of information, providing contextual understanding to the quantitative data without forming a separate analytical focus.

III. Results

1. Effect on Intrinsic Motivation and Self-awareness

<Table 3> provides a detailed statistical analysis that examines the impact of music therapy on intrinsic motivation and different aspects of self-awareness among the participants. Employing the Wilcoxon signed-rank test, suitable for the small sample size, the study identified a significant increase in environmental awareness post-intervention ($p = .042$). This enhancement suggests that music therapy may facilitate a greater connection to and understanding of the participants' surroundings. In contrast, while there were observable changes in intrinsic motivation, intrapersonal, and interpersonal awareness, these did not reach statistical significance ($p = .462$, $p = .450$, and $p = .715$, respectively). The absence of significance in these domains may reflect the limited statistical power due to the small size rather than a definitive lack of effect. These findings indicate a potential for further investigation and are complemented by qualitative data from post-session interviews with participants.

<Table 3> Impact of Music Therapy on Intrinsic Motivation and Self-Awareness

		<i>N</i>	Mean rank	Sum of ranks	<i>Z</i>	<i>p</i>
Intrinsic motivation	Negative ranks	2	3.50	7.00	-0.736	.462
	Positive ranks	4	3.50	14.00		
	Ties	0				
	Total	6				
Intrapersonal	Negative ranks	3	2.33	7.00	-0.756	.450
	Positive ranks	1	3.00	3.00		
	Ties	2				
	Total	6				
Interpersonal	Negative ranks	3	2.00	6.00	-0.365	.715
	Positive ranks	1	4.00	4.00		
	Ties	2				
	Total	6				
Environmental	Negative ranks	0	.00	.00	-2.032	.042*
	Positive ranks	5	3.00	15.00		
	Ties	1				
	Total	6				

* $p < .05$.

2. Change of Perception of Quality of Life

The study examined the progression of participants' perceptions of their life quality over five successive music therapy sessions. The statistical analysis employed was the Friedman test, as presented in <Table 4>, which revealed no statistically significant differences in the median scores of participants' life quality perceptions across the sessions ($\chi^2 = 5.382$, $p = .250$). This result suggests that while individual sessions showed variability in participant responses, overall, the sessions did not lead to a statistically significant change in life quality perceptions. <Figure 1> illustrates the individual variability in responses to the music therapy sessions.

<Table 4> Perceptions of Life Quality Across the Sessions

Session	<i>M</i>	<i>SD</i>	Mean rank	χ^2	<i>df</i>	<i>p</i>
1	50.00	14.14	1.75			
2	73.33	28.04	3.08			
3	81.66	26.39	3.42	5.382	4	.250
4	80.00	20.00	3.25			
5	81.50	20.96	3.50			

The absence of significant changes underscores the importance of personalizing therapeutic approaches. The variability among participants indicates that while music therapy sessions may be beneficial, their effectiveness can vary from person to person. Personalizing therapy to cater to the unique needs and preferences of each participant might enhance the overall efficacy of the music therapy. The therapeutic mechanisms employed within the music therapy program in this study, such as emotional expression through lyric analysis and instrumental improvisation, and self-reflection facilitated by reflective listening, were designed to engage participants in processes that could catalyze changes in self-awareness and emotional processing. This engagement was critical, as it aimed to foster an environment where participants could explore and modify their perceptions of quality of life. The subtle interactions within these sessions, combined with the targeted musical interventions, provided a unique opportunity to learn through direct experience and grow emotionally, even though statistical significance was not achieved. These therapeutic components underscore the potential for music therapy to serve as a powerful medium in the ongoing treatment and support of individuals, emphasizing the need for further investigation into personalized intervention strategies that align more closely with individual participant profiles.

3. Qualitative Data Analysis

Among all participants, only three, identified as participants B, E, and F, responded to interviews, providing significant insights into the impacts of music. The analysis of interview data revealed three primary outcomes: enhanced intrinsic motivation, increased self-awareness, and improved quality of life. These findings are critical for the understanding of the therapeutic

process's role in fostering intrapersonal and interpersonal growth. The following sections present selected interview excerpts, providing insights into the participants' experiences and the subtle shifts in motivation, self-perception, and life satisfaction following engagement in music therapy sessions.

1) Enhancing intrinsic motivation through engaged participation

Music therapy sessions catalyzed a significant shift in the participants' engagement and enthusiasm for activities, indicative of increased intrinsic motivation. For instance, participants expressed a rekindled enthusiasm for daily activities, attributing this renewed vigor to their music therapy experiences:

After starting music therapy, I find myself eagerly anticipating the next session. It's like a spark has been reignited within me. (participant B)

Music therapy has opened up new avenues for me. I'm now exploring music genres I've never considered before, which has brought a fresh sense of excitement to my life. (participant E)

I've noticed a change in how I approach my hobbies. There's a newfound enthusiasm, not just for music, but for other activities, too. It's as if music therapy has taught me how to enjoy life more fully. (participant F)

I thought on the last day that if it (music therapy program) had been longer, it would have helped me in expressing myself a bit more. (participant F)

2) Deepening self-awareness via emotional and cognitive exploration

Participants reported a deepened self-reflection and understanding of their emotions and thoughts, facilitated by the music therapy sessions. This enhanced self-awareness allowed them to better navigate their internal landscapes and interpersonal relationships:

Music therapy has been a mirror reflecting my innermost feelings, helping me to understand myself better. (participant B)

This program has made me more attuned to my emotions. I can now recognize and articulate my feelings I previously couldn't, actually. (participant E)

In our music therapy, we sang songs, wrote lyrics, drew pictures, played instruments, and discussed thoughts that came to mind from the lyrics... It seems like my heart has become more purified and somewhat healed. (participant E)

I've learned to truly listen to myself through music. It's like I've discovered parts of me that were hidden away. (participant F)

It just feels comforting inside. When I'm playing like this, it feels peaceful and fun, and it got me thinking. (participant F)

3) Improving perceptions of life quality by enriching daily experiences

The participants also reported that the sessions contributed to noticeable improvements in their perception of life quality, enriching their day-to-day experiences with a greater sense of fulfillment and contentment:

I feel like my life has improved since I began music therapy. There's a somewhat light feeling these days, and I sometimes experience a joy I hadn't felt in a long time. (participant B)

Engaging with music therapy has made me appreciate the small moments more. I find more joy in the everyday, something that I have not had before. (participant E)

I want to give more credit to myself, to praise myself and say that I really did well, I am doing well, and that I made the right choice. (participant E)

The therapy has brought a sense of peace and well-being to my life. I feel more connected to myself and to others, making my daily experiences richer and more meaningful. (participant F)

These excerpts underscore the profound impact that music therapy has had on the participants, highlighting the therapy's ability to foster intrinsic motivation, enhance self-awareness, and improve overall quality of life. Through their own words, insights into the transformative power of music therapy as a tool for personal growth and mental well-being were discovered.

IV. Conclusion

This study explored the efficacy of music therapy in enhancing self-awareness, intrinsic motivation, and the overall quality of life among individuals diagnosed with schizophrenia, drawing upon the foundational insights from the works of Fervaha et al. (2015) and Tobe et al. (2016). Previously it was highlighted that motivational deficits in schizophrenia pose significant challenges, emphasizing the urgent need for innovative therapeutic interventions.

Through a comprehensive approach primarily focused on quantitative analysis, complemented by qualitative insights, this research sought to illuminate the multifaceted impact of music therapy sessions on the particular group. Despite the absence of statistically significant changes in intrinsic motivation and self-awareness when measured quantitatively, the qualitative data provided additional context that revealed meaningful improvements in participants' life motivation and self-awareness. These observations highlight the therapeutic mechanisms of music therapy, active engagement in music creation and reflective listening, which specifically target the emotional and cognitive underpinnings of schizophrenia's negative symptoms, including motivational deficits. This approach supports the findings of Geretsegger et al. (2017) and Gold et al. (2005), who have emphasized the value of music therapy in addressing these core aspects of the disorder.

The qualitative data, rich with personal narratives, provided an in-depth perspective that the quantitative data alone could not capture. This integrated analysis underscores the value of music therapy in addressing not just observable symptoms, but also the subjective well-being of individuals with schizophrenia. The qualitative results underscored music therapy's profound role in fostering a deeper connection with oneself, enhancing emotional expression, and promoting positive social interactions. This is in line with Jia et al.'s meta-analysis (2020), which recognized the significant improvements music therapy brings to total symptoms, negative symptoms, depression symptoms, and the quality of life of individuals with schizophrenia. Our findings, particularly the noted increase in environmental self-awareness, further validated the therapy's effectiveness in enhancing participants' engagement with their surroundings, an essential component of mental well-being and social functionality. Moreover, this study contributes to the understanding of how quantitative data analyses supplemented by qualitative insights can provide a holistic evaluation of therapeutic interventions, thereby presenting a more comprehensive picture of the treatment outcomes.

This study contributes to the burgeoning literature advocating for the integration of music

therapy into comprehensive schizophrenia treatment strategies. By addressing the motivational and self-awareness deficits highlighted by Fervaha et al. (2015) and Tobe et al. (2016), music therapy emerges as a valuable adjunctive treatment. It not only complements traditional modalities but also provides a unique avenue for patients to explore and articulate their inner experiences, thereby enhancing their life quality.

The observed variability in participant responses to the therapy highlights the importance of customizing therapeutic approaches, a principle that aligns with the calls for personalization in treatment (Fervaha et al., 2015; Tobe et al., 2016). The integration of qualitative data allows us to appreciate the individual stories and lived experiences beyond the numbers, offering insights into the personal significance of music therapy. Personalizing music therapy sessions to meet the individual needs and preferences of patients can optimize the therapy's efficacy, ensuring that each participant derives the maximum possible benefit in a manner most meaningful to them.

In conclusion, while limitations in study duration and sample size may constrain making definitive statements with statistical significance about the music therapy's effects on intrinsic motivation and self-awareness, the qualitative insights underscore its considerable potential. The research supports and extends the findings of Fervaha et al. (2015), Geretsegger et al. (2017), Gold et al. (2005), and Tobe et al. (2016), suggesting that music therapy holds promise as a potent tool in combating the complex symptoms of schizophrenia. This study, primarily utilizing quantitative data supplemented by qualitative insights, underscores the importance of integrating both types of data to enrich our understanding of therapeutic interventions. Further research, particularly through longitudinal studies with larger sample sizes, is vital to corroborate these findings and further explore the long-term impact of music therapy on enhancing the lives of individuals with schizophrenia, offering new directions for holistic and personalized mental health care.

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음악적 정서 탐색 기반의 주도적 음악 활동을 통한 조현병 환자의 자기 인식 및 내재적 동기 향상

김현주*

본 연구는 동기 부족을 겪고 있는 조현병 환자들에게 음악 치료가 자기 인식 및 내재적 동기 향상에 어떠한 영향을 미치는지 알아보는 것을 목적으로 하였다. 이를 위해, 본 연구자는 2023년 10월 5일부터 11월 16일까지 8주 동안 매주 60분씩 음악적 정서 탐색에 기반을 둔 주도적 음악 활동을 중심으로 한 음악치료 세션을 진행하였으며, 성인 남성 3명과 여성 3명, 총 6명이 연구에 참여하였다. 본 연구는 주로 정량적 방법을 사용하되 정성적 통찰로 보완하였고, 데이터 수집 및 분석은 네 번째부터 여덟 번째 세션에 걸쳐 집중적으로 이루어졌다. 연구 기간의 제한으로 통계적으로 유의한 변화는 관찰되지 않았으나, 심층 인터뷰를 통해 얻은 정성적 자료는 참가자들의 자기 인식과 내재적 동기가 향상되었음을 나타냈다. 특히 참가자들의 감정 표현과 의사소통 능력이 향상되었으며, 이는 자기 인식, 내재적 동기의 향상뿐만 아니라 자신의 삶의 질에 대한 인식의 개선으로 이어졌다. 개인별 변이성이 관찰되었으나, 이러한 결과는 음악 치료가 조현병 환자의 자기 인식을 개선하고 내재적 동기를 재점화하는 효과적인 중재 방법임을 시사하며, 향후 긴 기간 동안의 연구를 통해 이러한 결과를 더욱 확증할 필요가 있음을 제안하고 있다.

핵심어: 자기 인식, 내재적 동기, 조현병, 정신건강 중재

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